





JUNE 2023

LEVEL 3 House 7 & 8

*subject to change



SUN	MON	TUE	WED	THU	FRI	SAT
 <p>1</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>	<p>5</p> <p>9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Choir 11:00 am Puppets alive (H3) 12:00 pm Ladies group luncheon Host Theresa Fifth avenue Jewellery (Boardroom) 1:30 pm Masterchef 2:45 pm Zumba Gold 3:30 pm singalongs 4 pm 1-1 room visits</p>	<p>6</p> <p>9:30 am Welcome to the day 10:00am News and views 10:30 am word games and quizzes 1:30 pm Andrew's bus trip Beachcomber cafe 1:30 pm Armchair travel 2 pm Afternoon trivia (L4) 3 pm Lochlan's Friday fiesta (L4) 3 pm High tea (L3) 4 pm 1-1 room visits</p>	<p>7</p> <p>10:00 am Morning TV shows 10:30 am Laughter and Lattes 2 pm Toolbox activities Netflix available all day 3 pm Movie Matinee 4 pm Happy hour</p>
<p>4</p> <p>Livestream Church (by request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activity 3 pm Footy match of the day 4 pm Garden /outdoor walks</p>	<p>5</p> <p>9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am shopping trolley (all levels) 1:30 pm Meditation (cinema) 1:30 pm Armchair travel 2 pm Omega violinist (L2) 3:30 pm pampering 4 pm 1-1 room visits</p>	<p>6 Sweden Independence day</p> <p>9:30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am pet therapy 10:30 am word games and quizzes 11:15 am balloon Therapy 1:30 pm Greek Group (H3) 2 pm Presentation music of Sweden 3:30 pm cafe visits 4 pm 1-1 room visits</p>	<p>7</p> <p>9:30 am Lifestyle huddle meeting 10:30 am News and views 11:00 am word games and quizzes 11:30 am Music and movement 1:30 pm Community visits 1:30 pm Rachael bus trip Dandenong Ranges 1:30 pm Creative art therapy (LM) 1:30 pm Musical concert via youtube 3:30 pm Gardening /outdoor or indoor walking groups 4 pm 1-1 room visits</p>	<p>8</p> <p>9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Choir 1:30 pm bingo 2:45 pm Zumba Gold 3:30 pm poetry 4 pm 1-1 room visits</p>	<p>9</p> <p>9:30 am Welcome to the day 10:00am News and views 10:30 am word games and quizzes 1:30 pm Andrew's bus trip south Melbourne Market 1:30 pm Armchair travel 2 pm Afternoon trivia (L4) 3 pm Lochlan's Friday fiesta (L4) 3pm high tea (L3) 4 pm 1-1 room visits</p>	<p>10</p> <p>10:00 am Morning TV shows 10:30 am Laughter and Lattes 2 pm Toolbox activities Netflix available all day 3 pm Movie Matinee 4 pm Happy hour</p>
<p>11</p> <p>Livestream Church (by request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activity 3 pm Footy match of the day 4 pm Garden /outdoor walks</p>	<p>12 PUBLIC HOLIDAY Philippines independence day</p> <p>9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am shopping trolley (all levels) 1:30 pm Meditation (cinema) 1:30 pm Armchair travel 3:30 pm pampering 4 pm 1-1 room visits</p>	<p>13</p> <p>9:30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am pet therapy 10:30 am word games and quizzes 11:15 am balloon Therapy 2:30 pm floor games 3:30 pm cafe visits 4 pm 1-1 room visits</p>	<p>14</p> <p>9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Music and movement 1:30 pm Community visits 1:30 pm Lochlan's bus trip 1:30 pm Creative art therapy (LM) 2 pm Philip in concert 4 pm 1-1 room visits</p>	<p>15</p> <p>9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Choir 1 pm Intergenerational program (L2) 1:30 pm Resident and relative meeting 2:45 pm Zumba Gold 3:30 pm Singalongs 4 pm 1-1 room visits</p>	<p>16</p> <p>9:30 am Welcome to the day 10:00am News and views 10:30 am word games and quizzes 1:30 pm Andrew trip North point cafe 1:30 pm Armchair travel 2 pm Afternoon trivia (L4) 3 pm Lochlan's Friday fiesta (L4) 3 pm High tea 4 pm 1-1 room visits</p>	<p>17</p> <p>10:00 am Morning TV shows 10:30 am Laughter and Lattes 2 pm Toolbox activities Netflix available all day 3 pm Movie Matinee 4 pm Happy hour</p>

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SUN	MON	TUE	WED	THU	FRI	SAT
18 Livestream Church (by request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activity 3 pm Footy match of the day 4 pm Garden /outdoor walks	19 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am shopping trolley (all levels) 1 :30 pm Meditation (cinema) 1 :30 pm Armchair travel 3:30 pm pampering 4 pm 1-1 room visits	20 9:30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am word games and quizzes 11:15 am balloon Therapy 1 :30 pm Greek Group (H3) 2:30 pm Floor games 3:30 pm cafe visits 4 pm 1-1 room visits	21 9 :30 am Lifestyle huddle meeting 10:30 am News and views 11:00 am word games and quizzes 11:30 am Music and movement 1:30 pm Community visits 1:30 pm Rachael bus trip 1:30 pm Musical concert via (youtube) 1:30 pm Creative art therapy (LM) 3:30 pm Gardening /outdoor or indoor walking groups 4 pm 1-1 room visits	22 9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 11:00 am Choir 1:30 Masterchef 2 :45 pm Zumba Gold 3:30 pm poetry 4 pm 1-1 room visits	23 9:30 am Welcome to the day 10:00am News and views 10:30 am word games and quizzes 1:30 pm Armchair travel 2 pm Afternoon trivia (L4) 3 pm Lochlan's Friday fiesta (L4) 3 pm high tea & chat 4 pm 1-1 room visits	24 10:00 am Morning TV shows 10:30 am Laughter and Lattes 2 pm Toolbox activities Netflix available all day 3 pm Movie Matinee 4 pm Happy hour 6 pm Saturday night at the movies (Cinema)
25 Independence day Croatia Livestream Church (by request) 11:00 am Memory Lane 1 pm Pampering or aromatherapy Netflix (available all day) 2 pm Toolbox activity 3 pm Footy match of the day 4 pm Garden /outdoor walks	26 9:30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am shopping trolley (all levels) 1 :30 pm Meditation (cinema) 1 :30 pm Armchair travel 3:30 pm pampering 4 pm 1-1 room visits	27 9:30 am Welcome to the day 9:30 am Pastoral care visits 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am word games and quizzes 11:15 am balloon Therapy 2 :30 pm Floor games 3:30 pm cafe visits 4 pm 1-1 room visits	28 9 :30 am Welcome to the day 10:00 am News and views 10:30 am word games and quizzes 11:00 am Music and movement 12 pm Lochlan's lunch bus trip 1:30 pm Community visits 1:30 pm Creative art therapy (LM) 2 pm Food appreciation meeting (BOARDROOM) 1:30 pm Bingo 3:30 pm pampering 4 pm 1-1 room visits	29 9:30 am Welcome to the day 9:30 am Gessy's physio exercises 10:00 am news and views 10:30 am Greek Mass (Cinema) 11:00 am Choir 1:30 pm Ladies group 2 :45 pm Zumba Gold 3:30 pm Singalongs 4 pm 1-1 room visits	30 9:30 am Welcome to the day 10:00am News and views 10:30 am word games and quizzes 1:30 pm Armchair travel 2 pm Afternoon trivia (L4) 2 pm Lifestyle focus Group (LM) 3 pm Lochlan's Friday fiesta (L4) 3 pm high tea & chat 4 pm 1-1 room visits	